

## The Child PTSD Symptom Scale (CPSS) – Part I

Below is a list of problems that kids sometimes have after experiencing an upsetting event. Read each one carefully and circle the number (0-3) that best describes how often that problem has bothered you IN THE LAST 2 WEEKS.

Please write down your most distressing event:

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Length of time since the event:

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	0		1		2		3	
	Not at all or only at one time		Once a week or less/ once in a while		2 to 4 times a week/ half the time		5 or more times a week/almost always	
1.	0	1	2	3	Having upsetting thoughts or images about the event that came into your head when you didn't want them to			
2.	0	1	2	3	Having bad dreams or nightmares			
3.	0	1	2	3	Acting or feeling as if the event was happening again (hearing something or seeing a picture about it and feeling as if I am there again)			
4.	0	1	2	3	Feeling upset when you think about it or hear about the event (for example, feeling scared, angry, sad, guilty, etc)			
5.	0	1	2	3	Having feelings in your body when you think about or hear about the event (for example, breaking out into a sweat, heart beating fast)			
6.	0	1	2	3	Trying not to think about, talk about, or have feelings about the event			
7.	0	1	2	3	Trying to avoid activities, people, or places that remind you of the traumatic event			
8.	0	1	2	3	Not being able to remember an important part of the upsetting event			
9.	0	1	2	3	Having much less interest or doing things you used to do			
10.	0	1	2	3	Not feeling close to people around you			
11.	0	1	2	3	Not being able to have strong feelings (for example, being unable to cry or unable to feel happy)			

12.	0	1	2	3	Feeling as if your future plans or hopes will not come true (for example, you will not have a job or getting married or having kids)
	0		1	2	3
	Not at all or only at one time		Once a week or less/ once in a while	2 to 4 times a week/ half the time	5 or more times a week/almost always
13.	0	1	2	3	Having trouble falling or staying asleep
14.	0	1	2	3	Feeling irritable or having fits of anger
15.	0	1	2	3	Having trouble concentrating (for example, losing track of a story on the television, forgetting what you read, not paying attention in class)
16.	0	1	2	3	Being overly careful (for example, checking to see who is around you and what is around you)
17.	0	1	2	3	Being jumpy or easily startled (for example, when someone walks up behind you)

### **The Child PTSD Symptom Scale (CPSS) – Part 2**

Indicate below if the problems you rated in Part 1 have gotten in the way with any of the following areas of your life DURING THE PAST 2 WEEKS.

	Yes	No	
18.	Y	N	Doing your prayers
19.	Y	N	Chores and duties at home
20.	Y	N	Relationships with friends
21.	Y	N	Fun and hobby activities
22.	Y	N	Schoolwork
23.	Y	N	Relationships with your family
24.	Y	N	General happiness with your life